

	LOCATION	INDICATION												
LU1 Zhong Fu 中 府 Central Treasury 0.5-0.8 • LU Mu	Laterosuperior to the sternum at the lateral side of the 1st intercostal space, 6 cun lateral to the RN channel	E Cough, asthma, pain in the chest, shoulder and back, fullness of the chest												
		W Bronchitis, pneumonia, asthma, pulmonary tuberculosis												
ACTIONS: Regulate LU Qi & stop cough, stimulate the descending of LU Qi, disperse fullness from the chest & stop pain														
<table border="1" style="width:100%; text-align:center;"> <thead> <tr> <th>LU1</th> <th>UB13</th> <th>LU1</th> <th>LU5</th> </tr> </thead> <tbody> <tr> <td>Acute/Excess</td> <td>Chronic/Deficiency</td> <td colspan="2">Phlegm</td> </tr> <tr> <td>Treat Manifestation</td> <td>Treat Root</td> <td>Heat & Cold</td> <td>Mainly for Heat</td> </tr> </tbody> </table>			LU1	UB13	LU1	LU5	Acute/Excess	Chronic/Deficiency	Phlegm		Treat Manifestation	Treat Root	Heat & Cold	Mainly for Heat
LU1	UB13	LU1	LU5											
Acute/Excess	Chronic/Deficiency	Phlegm												
Treat Manifestation	Treat Root	Heat & Cold	Mainly for Heat											
NOTE: LU organ diseases manifest as tenderness on palpation of LU1, so it can be used as both a diagnostic & treatment point for the root of LU diseases. Using Yin-Yang Balancing theory, compare the sensitivity of LU1 upon palpation to determine the problematic side.														
LU2 Yun Men 雲 門 Cloud Gate 0.5-0.8	In the depression below the acromial extremity of the clavicle, 6 cun lateral to the RN channel	E Cough, asthma, pain in the chest, shoulder and arm, and fullness in the chest												
		W Cough, chest pain or oppression, asthma, perifocal inflammation of the shoulder joint												
LU3 Tian Fu 天 府 Celestial Storehouse 0.5-1.0	On the medial aspect of the upper arm, 3 cun below the end of the axillary fold, on the radial side of m. biceps brachii	E Asthma, epistaxis, and pain in the side of the upper arm												
		W Bronchitis, asthma, nosebleed, pain along the medial side of the upper arm												
LU4 Xia Bai 俠 白 Guarding White 0.5-1.0	On the medial aspect of the upper arm, 1 cun below LU3, on the radial side of m. biceps brachii	E Cough, fullness of the chest, and pain in the side of upper arm												
		W Bronchitis, asthma, nosebleed, pain along the medial side of the upper arm												
LU5 Chi Ze 尺 澤 Cubit Marsh 0.5-1.0 • He-sea	On the cubital crease, on the radial side of tendon m. biceps brachii, located with the elbow slightly flexed	E Cough, hemoptysis, afternoon tidal fever, asthma, sore throat, fullness of the chest, infantile convulsions, spasmodic pain in the elbow and arm, and mastitis												
		W Coughing, asthma, pneumonia, bronchitis, pleurisy, spitting blood, swelling and pain in the throat, swelling and pain in the elbow and arm, erysipelas												
ACTIONS: Drain LU Heat, stimulate the descending of LU Qi & suppress rebellious Qi, expel Phlegm from the LU, relax the sinews & muscles, benefit the UB														
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NOTE: While LU1 treats the root of pulmonary disorders, LU5 treats the manifestations. Academically, LU5 is indicated particularly for Phlegm-Heat; clinically, however, it may treat any excess condition of the LU. According to the <i>Nan-Jing</i> , if an element is in excess, we sedate the son. LU5 is the water point, and therefore the son of metal, making it an excellent point for sedating the LU.														

Blue Boxes → Academically Important Points

*E=Eastern *W=Western